

Canned Fish

Light Tuna

1. Any brands are allowed.
2. 5 oz cans only
3. Water packed only
4. Chunk, solid or grated
5. Low sodium is allowed
6. No albacore or white tuna
7. No flavoring, seasonings or sauce.
8. No pouches
9. No individual serving containers

Sardines

1. Any brands are allowed.
2. 3.75 oz cans only.
3. Water pack only.
4. No added flavorings.
5. No added sauces (e.g. hot sauce, mustard sauce, tomato sauce, hot green chilies).
6. No smoked.
7. No foil packed.
8. No pouches.
9. No individual serving containers.